



10 Top Tips to Forget Your Ex

*YOUR GUIDE TO LETTING GO FOR
GOOD*

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Many of the negative emotions of heartbreak experienced by a relationship breakdown of any kind require action by you to overcome them and to 'dial them down' - even if you don't feel like it right now, yet. Below are 10 key strategies you can start NOW, (today), to help you to forget your Ex and start the positive shift to a new transformational you 🙌🏻.

Many of these suggestions may inspire you to create variations of some of them of your own! The overall concepts of these are to allow you to feel that you are taking back control, responsibility (regarding your own self-care and mental well-being), getting clarity for yourself, (releases feelings of empowerment), and to get you smiling again 😊.

1. Retelling your 'sad' breakup story over and over again to anyone and everyone, (also known as repetition compulsion), can be detrimental to your psyche and well-being – By all means discuss it or 'vent' with 1 or 2 close and trusted confidantes when you need too, however do not forget that if you keep 'replaying' it on repeat, your brain will co-operate with all of your words and emotions as if you were going through the saddest parts of your story again – metaphorically like watching and re-watching over and over the saddest movie you have ever seen – a cycle that needs to be interrupted!!
2. Downgrade your ex-partners importance in your 'former life' by giving them a different name and not using their full name, examples, 'the Ex,' 'ex-spouse,' 'ex-wife/husband,' just 'X,' 'my children's mother/father,' 'The other.' This reduces the emotional impact of what you thought or believed to be a 'forever bond.' Other creative ideas (www.psychologytoday.com) could include 'my HATT or WATT' (Husband or Wife at The Time), 'my wasband' or 'was-wife,' or 'name deleted, e.g. 'I ran into 'name deleted' on the street the other day.'
3. Removing those 'rose-tinted' specs as often as possible that may trigger too many conflicting 'positive memories' for you will be vital. Make a written list of 5-10 things that really irritated you about your Ex – keep reading and re-

reading it – if possible, stick it up on the wall somewhere in your living space such as your bathroom mirror as a reminder of why you are so better off without them!

4. Let go of your Ex's belongings – give them back to them, take them to a charity shop, (dependent on your options), trash, recycle or safely burn them – this cathartic exercise is a game-changer! If you can't yet quite let go of the photos of the two of you displayed in your living space, either turn them face-down initially, or box them up to prevent them becoming a constant reminder of 'happier times.' The same with digital photos – make a 'Copy' if you want to, but then use the 'edit' tool to erase their face to leave a smiling pic of only you – especially satisfying!
5. If you are at the stage where you are feeling brave enough, sign up to a Dating App – No immediate commitment required or face-face dating – you can sofa-surf in your PJ's with a pizza on your lap and any 'Likes' that you receive will boost your self-esteem enormously. (A future Newsletter will cover all things post-separation dating so look out for that one!).
6. 'Baby-step' changes to your daily routine will be crucial – as simple as changing the ringtone on your morning alarm, planning ahead the next 7-days of nutritious meals, (with a little bit of researching online recipes and ordering or visiting in-store to get the ingredients in), planning into your schedule a 15-30 minute power-walk or any form of exercise every day whilst listening to your favourite 'uplifting' music tracks or a Podcast - the options in today's hi-tech world are endless.
7. Overcoming the 'not yet' mindset can be an all-consuming 'mountain- climbing impossibility' that you feel that you cannot yet attempt. Make a start by writing down your ultimate 'Bucket List' - all the things that you have ever wanted to do, (that you could make happen), but that you know would probably never have happened with your Ex – don't focus on any restrictive financial budgets right now, (cut out any destination or activity pictures from magazines or print them off to put alongside your List for the time being –

&/or create a 'Vision Board' of pictures and positive mantras to go with your 'Bucket List') - Place this as close to you can alongside your 'Irritations' list to really motivate you, and to remind you of how much better off you are now without them!

8. Another one for your 'display' or can be written a Journal – your 'Gratitude List' - challenge yourself! Aim for between 10-20 things that you are grateful for in your life. I challenged myself to reach 100 and achieved it over a 2-day period. Focusing on it daily will be like a 'medicinal remedy' to overcome both any negative emotions when they surface, and additionally provide you with clarity about everything you can be positively grateful for in your life.
9. Think about your definition of 'freedom'? Social media has had the power to relate to a huge audience recently, whether it's previously captive chained-up elephants and bears released to the wild for the first time, battery farm chickens/circus animals who have never walked on grass/roamed etc. What is one small thing regarding your new-found freedom which will allow you to re-discover your previous amazing self before your Ex? Finding your real personality again will be an incredible 'bonus.' Examples: -
 - You were always 'coaxed' in to having an Indian takeaway, but inside you always craved a Chinese – Yippee! Now you can order whatever you want!
 - Restricted to only one house TV, football matches were compulsory – Now you have the remote control to catch up with every single movie that you'd ever 'missed' but always wanted to watch, along with binge-watching any Netflix channel movies or series of your choice!
 - If you've been a married lady and took your husband's name on the big day, you now have the option, (on most social media platforms), to revert to your maiden name temporarily – hugely liberating, (and something that men cannot do!) - even if you are not going to legally revert to it by deed poll in the future, this is something that gives you the 'distance space' mentally to assist you in disassociating from them completely.

10. The ability to re-design your life starts now. Setting manageable goals for yourself along with the ideas above can be life changing. Your 'Bucket List' will fill up with BIG ideas, but also start with simple Statements, e.g. 'I've always wanted to begin Salsa/Zumba/Yoga/Cookery/Art classes' (online or venue sessions) - 'I will research the options online this evening and see what's available,' or, 'I have always wanted to study a course in' - Feeling that you are still 'connected' to the outside world by taking part in your chosen activities just for YOU will help you completely sever the ties with your Ex, will release those feel-good hormones and help to regain your power back more and more and day-by-day, one step at a time.

See the 3 links below for further influential speakers on this topic: -

<https://resources.saradavison.com/articles/taking-back-control/spring-clean-your-life-after-a-breakup/> - My mentor Sara Davison gives additional top tips to supplement this Guide

<https://markmanson.net/how-to-get-over-someone> - A 'gritty' article by New York Times bestselling author Mark Manson

<https://www.mamamia.com.au/getting-over-your-ex/> - An individual's personal experience on how she recovered after her breakup